
The 1996 Wisconsin Behavioral Risk Factor Survey (BRFS) data set is now complete. These findings are based on responses of 2,231 adults (age 18 and older); results were weighted to represent the 2.7 million adults ages 18-54, and 1.1 million age 55 and older, living in Wisconsin households.

····· PERCEIVED HEALTH STATUS ·····

	Age Groups All Adults 18-54			55 +		
	%	(+/-)	<u>%</u>	(+/-)	<u>%</u>	(+/-)
	_	*	_	*	_	*
Health in general is:						
Excellent or Very good	59	2	65	2	43	4
Good	30	2	28	2	33	4
Fair or Poor	11	1	6	1	23	3
Number of days during						
the past 30 that your						
mental health was not good:						
0 days	61	2	55	2	76	3
1-5 days	25	2	30	2	12	3
6-30 days	13	1	14	2	10	2
physical health was not good:						
0 days	63	2	64	2	60	4
1-5 days	22	2	25	2	16	3
6-30 days	14	1	11	2	21	3
health kept you from doing your usual activities (persons with 1+ days poor mental/ physical health):						
0 days	62	3	64	3	58	6
1-5 days	22	2	24	3	17	4
6-30 days	15	2	13	2	21	5

* 95% confidence interval

•••••	RISK FACTO	RS FOR CHR	ONIC DISEASE	• • • •
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			_	Froups		_
	All Adults		18-54		55 +	
	<u>%</u>	<u>(+/-)</u>	<u>%</u>	<u>(+/-)</u> *	<u>%</u>	<u>(+/-)</u>
Health professional has ever		*		ক		*
diagnosed diabetes	5	1	1	0	13	3
 During last exam, blood 						
cholesterol was high	19	2	15	2	29	4
• Current cigarette smoker	25	2	30	2	13	3
Percent of current smokers						
who quit smoking 1 day or						
longer in past year	37	4	38	4	32	9
	2 -		2.	-	20	
• Former cigarette smoker	26	2	21	2	38	4
• Overweight (BMI)**	30	2	28	2	34	4
Percent among those overweight.		2	20	2	34	4
trying to lose weight	 59	4	60	4	58	6
trying to maintain weight	27	3	24	4	31	6
eating less and/or exercising	21	3	24	4	31	U
to lose or to maintain weight	80	3	78	4	85	5
to lose of to maintain weight	00	3	70	7	0.5	3
• Not overweight (BMI)**	68	2	70	2	63	4
Percent among those not overwei						
trying to lose weight	28	2	32	3	18	4
trying to maintain weight	40	2	36	3	49	5
eating less and/or exercising						
to lose or to maintain weight	61	2	63	3	57	5
9						
• Physical activity in past month:						
Vigorous	15	1	12	2	20	3
Regular	33	2	36	2	27	3
Irregular	30	2	32	2	24	3
Inactive	22	2	19	2	30	4
• Fruit/vegetables consumed in past	mont	h:				
Less than 1 serving per day	4	1	5	1	2	1
1-4 servings per day	70	2	74	2	62	4
5+ servings per day	25	2	21	2	36	4
** Body Mass Index						

····· HEALTH INSURANCE ·····

	Health Insurance in Past Year						
	Part of						
	All	Year	Ye	ar	No	ne	
	<u>%</u>	<u>(+/-)</u>	<u>%</u>	(+/-)	<u>%</u>	(+/-)	
		*		*		*	
 All adults 	85	1	8	1	4	1	
Ages 18-34	74	3	15	3	5	2	
Ages 35-54	87	2	6	2	4	1	
Age 55 and older	95	2	1	1	2	1	

····· FINDINGS FOR SELECTED YEARS ······

FINDINGS FO	JK SE	LEC	IED	LAR	22	
	1996		1995		1990	
	<u>%</u>	<u>(+/-)</u>	<u>%</u>	(+/-)	<u>%</u>	(+/-)
		*		*		*
 In the past year had 						
routine check-up	63	2	67	2	62	2
cholesterol checked	42	2	42	2	46	3
Pap smear (women)	59	3	58	3	na	
clinical breast exam (F)	65	3	64	3	63	4
mammogram (F 50+)	59	4	50	4	39	6
• Current cigarette smoker						
Males	27	3	24	4	26	4
Females	22	2	19	3	23	4
• Overweight (BMI)**						
Males	31	3	34	2	26	4
Females	29	2	26	3	21	3
• In the past month						
had 60 or more drinks						
Males	12	2	8	2	9	2
Females	1	1	1	1	2	1
had 5 or more drinks on one occasion						
Males	38	2	35	4	40	4
		3		4		4
Females	15	2	12	2	15	3
drove after having too						
much to drink						
Males	9	2	7	2	9	2
Females	2	1	2	1	3	1

ADDITIONAL INFORMATION:

The Behavioral Risk Factor Survey is a representative, statewide telephone survey of Wisconsin household residents 18 years and older. Results are based on self-reports from respondents who are selected through a stratified random sample. Results are weighted to account for both nonresponse and sample design, and to adjust for the age-sex distribution of Wisconsin's population. The survey was designed in cooperation with the U.S. Centers for Disease Control and Prevention. Survey sampling and interviewing were conducted by the Wisconsin Survey Research Laboratory, University of Wisconsin-Extension.

In 1996, 1,592 respondents were 18 to 54 years old, and 639 were 55 or older. There were 2,210 respondents in 1995 and 1,260 in 1990.

Columns labeled (+/-) indicate the 95% confidence interval associated with each estimate. For example, for all adults whose health is excellent or very good (59%), there is a 95% chance that the actual percentage falls within the range of plus or minus 2 percentage points (57%-61%).

Smokers are those who smoke currently and have smoked more than 100 cigarettes in their lifetime. **Overweight** is defined by the Body Mass Index (BMI), a calculation (weight in kilograms divided by height in meters squared) using self-reported height and weight. A BMI greater than 27.3 for females and 27.8 for males is considered overweight. (The 1996 estimates of those who eat less and/or exercise to lose or maintain weight cannot be compared with the 1994 Health Counts.) Physical activity estimates are derived from self-reported exercise type, duration, and frequency. Exercise was classified as vigorous if rhythmic contraction of large-muscle groups at 50% of functional capacity was performed three or more times per week and lasted at least 20 minutes on each occasion. **Regular** activity involved less than 50% of functional capacity. **Irregular** activity was that occurring for less than 20 minutes or fewer than three times per week. A respondent with no reported activity was classified as physically inactive. Fruit and vegetable consumption was calculated from answers to six questions about frequency of consumption of fruit juices, fruit, salad, potatoes, carrots, and other vegetables. Health **insurance** includes both private and public coverage.

Differences in estimates between years, age groups, or sexes may not be statistically significant. For additional information about the BRFS, call Pamela Imm at 608-267-7264.

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Information for State Health Policy Program

BEHAVIORAL RISK **FACTORS**

1996